



# RESOURCE DOWNLOAD

**Five Spiritual Principles That Will Change Your Life**

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## Five Spiritual Principles That Will Change Your Life

### 1. Who I am in Christ:

Until you discover who you are as a child of God, you will continue to strive to be accepted. Even your self-acceptance will be based on your performance. Real security is found in knowing who you are in Christ. *“Jesus knew that the Father had put all things under His power, and that He had come from God and was returning to God ...”* John 13:3, (NIV). There’s real security in knowing who you are and whose you are. As a Christ follower you are:

- A Child of God **John 1:12, 1 John 3:1-2**
- Forgiven **Colossians 2:13**
- A Saint **Ephesians 1:1**
- Complete in Christ **Colossians 2:9-10**
- A Member of God’s Family **Ephesians 2:19**
- Chosen by God **1 Peter 1:9**
- Called Out of Darkness into Light **1 Peter 1:9**
- No Longer Condemned **Romans 8:1**
- Free In Christ! **Galatians 5:1**
- Christ’s Friend **John 15:15**
- Deeply Loved of God **1 John 4:9-10**
- Secure in Christ **John 10:27-30; Romans 8:31-39**
- At Peace With **God Romans 5:1**
- A Citizen of Heaven **Philippians 3:20**
- Protected from the Evil One **1 John 5:18**
- Accepted by God **Ephesians 3:12, Romans 15:7**
- God’s Workmanship **Ephesians 2:10**
- Saved by Grace **Ephesians 2:8,9**

- Indwelt and Empowered by the Holy Spirit **Acts 1:8**
- Able to Do All Things Through Christ **Philippians 4:13**
- A New Creation in Christ **2 Corinthians 5:17**

## 2. How to have a daily quiet time with God:

One of the characteristics of Jesus earthly ministry was the priority He put in time alone with the Father in prayer. Mark records, *“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed.”* Mark 1:35 (NIV) Luke says, *“Jesus often withdrew to lonely places and prayed.”* Luke 5:16 (NIV) John records one of the most lengthy prayers of Jesus in John 17. Obviously, if this spiritual habit was an important part of Jesus life, it must be essential for yours as well. Here are some simple suggestions that will help you get the most from your time alone with God:

- Make an appointment with God—set a time and place. Jesus would spend time alone with God early in the morning or late at night. Choose a “solitary” place where you won’t be distracted. Often Jesus would pray outside in a garden. He also spoke of using a “prayer closet.”
- Consider this a special time set aside just for you and God. Learn to listen as much as you speak.
- Take your Bible and a journal to record what insights God may give you.
- Try a devotional aid, but don’t substitute it for the Bible. I recommend: *My Utmost For His Highest*, by Oswald Chambers; *Experiencing God Day By Day*, by Henry Blackaby; *One Day At A Time*, by Neil Anderson and Mike and Julia Quarles

## 3. Spiritual Breathing

Just as breathing is essential to physical life, so spiritual breathing is essential to your spiritual life. Without even thinking about it, you exhale the bad air and inhale oxygen to energize your blood cells. You won’t survive by holding your breath for very long; your body must exhale and inhale. Breathe in and breathe out, that’s all you have to do. Our spiritual vitality requires the same exercise. We can maintain unhindered fellowship with God if we will exhale through confession any sin or struggle we are experiencing, and inhale God’s cleansing grace that forgives and restores our fellowship with Him. 1 John 1:9 says, *“If we confess our sins to God, He can be depended on to forgive us and to cleanse us from every wrong. (And it is perfectly*

*proper for God to do this for us because Christ died to wash away our sins.)” (LB) Breathe in God’s forgiveness! It will revitalize your relationship.*

#### **4. Where the power comes from:**

“Christ-likeness is not produced by imitation, but by inhabitation.” You will never reproduce the character of Jesus by your own willpower. Your best intentions and New Year’s resolutions are not enough. Only the Holy Spirit has the power to make the changes in your life that God wants. The Bible says, *“God is working in you, giving you the desire to obey Him and the power to do what pleases Him.”* Philippians 2:13 (NLT) Just as a light must be connected to a power source in order to shine, so you must be connected to Christ for His light to shine through you. Obedience unlocks God’s power in your life. Don’t wait until you feel powerful, to obey. Move ahead in your weakness, in spite of your fears, and do the right thing trusting God’s Spirit to give you the power you need. The power comes from the indwelling Christ. *“For this is the secret: Christ lives in you.”* Colossians 1:27 (NLT)

#### **5. What is my part?**

Spiritual Workouts – The Bible says, “Continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act according to His good purpose.” Philippians 2:12-13 (NIV) There is a balance in spiritual growth between God’s part and your part. You are to “work out” what He has “worked in.” That means that spiritual growth is a collaborative effort between you and the Holy Spirit (the power source). God’s Spirit works both in you and with you in the process of making you like Christ. This verse is speaking to believers, not about how to be saved, but how to grow spiritually. Notice that it doesn’t say “work for” your salvation. As in physical exercise you work out to develop your body, not to get a body. God has given you a new life in Christ! He has given you the Holy Spirit to work both in you and with you. You cooperate with His purpose as you yield your life to Him daily and learn to walk in Christ. How do you do that? “So then, just as you received Christ Jesus as Lord, continue to live in Him, rooted and built up in Him, strengthened in the faith ...” Colossians 2:6 (NIV) It requires the same faith to “continue” or walk in Christ as it did to “receive” Him. You will grow in your faith as you cultivate that relationship with Christ through developing spiritual habits (workouts) in your daily life. Here are some spiritual habits essential for growth:

- **Change the way you think by renewing your mind with truth.** To change your life, you must change the way you think. Your behavior is motivated by your belief. Proverbs 4:23 says, *“Be careful how you think; your life is shaped by your thoughts.”* (TEV) To

grow spiritually you must develop the mind of Christ. The Bible word for that is “repentance” which means “to change your mind.” You repent, every time you change the way you think to reflect the way God thinks about you, sin, faith, your relationships, your finances, etc. The Bible says we can do this daily by means of His Word. *“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect His will really is.”* Romans 12:2 (NLT) Spiritual growth, then, is the process of replacing lies with truth. To those who had believed on Him, Jesus said, *“If you continue in My Word, then are you my disciples indeed; and you shall know the truth, and the truth shall make you free.”* John 8:31-32 (KJV)

- **Bring every thought you have into “captivity” to make it obedient to Christ.** Your feelings are essentially a product of your thought life. Emotions can’t distinguish between fact and fantasy. We can choose to be led by them or by the truth, regardless of how we feel. To live victoriously in Christ, the Bible says, *“We take every thought captive so that it is obedient to Christ.”* 2 Corinthians 10:5 (GW) In other words, you must choose carefully what you think about. If it isn’t true, don’t think it. Instead, choose to think the truth. *“Keep your thoughts on whatever is right or deserves praise: things that are true, honorable, fair, pure, acceptable or commendable.”* Philippians 4:8 (GW) This is the principle of replacement. Satan can’t deceive your mind when you are thinking on the truth. This takes a lifetime of practice, but with the help of the Holy Spirit and the truth of God’s Word you can reprogram the way you think.
- **Spiritual maturity takes time. It is neither instant nor automatic.** You are a work in progress. The Bible says, *“I am sure that God who began the good work within you will keep right on helping you grow in His grace until His task within you is finally finished on that day when Jesus Christ returns.”* Philippians 1:6 (LB) The spiritual habits you develop will cooperate with the good work God has begun in you to bring you to maturity.